



# Guidance for People at Higher Risk

**People at higher risk of severe illness should stay home and away from large groups of people as much as possible, including public places with lots of people and large gatherings where there will be close contact with others. Gatherings of seniors or other people at higher risk of severe illness should be canceled or postponed.**

## **PEOPLE AT HIGHER RISK FOR COVID-19 INCLUDE:**

- *People 60 and older adults*
- *People with underlying health conditions (e.g. heart disease, lung disease, or diabetes, etc.)*
- *People with weakened immune systems*
- *Pregnant women*

*Caregivers of children with underlying health conditions should consult with healthcare providers about whether their children should stay home.*

## **PLAN AHEAD IN CASE OF A COVID-19 OUTBREAK**

- *Stock up on household items and groceries so that you will be prepared to stay at home for a period of time.*
- *Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand. If you cannot get extra medications, consider using mail-order for medications.*
- *Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.*
- *Have a plan if you get sick. Determine who can provide care if you or your caregiver gets sick.*

Anyone who has questions about whether their condition puts them at increased risk for COVID-19 should consult with their healthcare provider. Those without a healthcare provider should contact Harris Health's Ask A Nurse line at: 713-634-1110.

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